



September is National Suicide Prevention Month

2025 Theme: Start the Conversation. Be the Difference.

With one conversation, asking someone how they're really doing – and being ready to truly listen – can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.

Recognize the signs: Be aware of potential warning signs in people of all ages.

- **Behavioral changes:** Increased use of drugs or alcohol, withdrawal from social activities, reckless behavior, giving away valued possessions.
- **Mood changes:** Extreme mood swings, anxiety, agitation.
- **Verbal cues:** Statements about feeling like a burden, being in unbearable pain, or feeling trapped.

Take action: If you see signs that someone may be considering suicide, do not be afraid to reach out.

- **Question** them directly, but with compassion.
- **Persuade** them to seek help.
- **Refer** them to a professional or a crisis line.

Support and resources: There is Help!

- **Apalachee Mobile Response Team:** A 24/7 mental health helpline: 800-342-0774
- **988 Suicide & Crisis Lifeline:** Call or text 988 anytime in the US to connect with a trained crisis counselor.
- **211**
- **Crisis Text Line:** Text HOME to 741741.
- **The Trevor Project:** Call 1-866-488-7386 or text START to 678-678
- **Mental Health America (MHA):** Visit mhanational.org for mental health resources and support.

Resources for Schools

- The Jason Foundation: <https://jasonfoundation.com/get-involved/suicide-prevention-month/>
- The Substance Abuse and Mental Health Services Administration (SAMHSA) Toolkit: <https://www.samhsa.gov/about/digital-toolkits/suicide-prevention-month>
- National Alliance on Mental Illness (NAMI) Toolkit: <https://www.nami.org/wp-content/uploads/2025/08/NAMI-Suicide-Prevention-Month-Toolkit-2025.pdf>